

IMMINENT DELIVERY (SPECIFIC INSTRUCTIONS)

- 1 Communicate intentions to mother
- 2 Prepare delivery area (out of public view)
- 3 Position mother on her back
- 4 Encourage mother to breath deeply *between* contractions & push *with* contractions
- 5 Prepare OB equipment and don sterile gloves
- 6 As baby crowns, support with gentle pressure (to avoid explosive birth)
- 7 If membrane is still intact, rupture with your fingers to allow amniotic fluid to leak out
- 8 If cord is around the baby's neck, gently slip it over the head. Do not force it!
- 9 If the cord is too tight to slip over the head, apply umbilical cord clamps and cut
- 10 As soon as baby's head appears, suction the mouth and nose with bulb syringe
- 11 Allow the mother to push and support the baby's head as it rotates
Caution, babies are slippery!
- 12 Clamp the cord by placing the first clamp approximately 4 inches (10 cm) from the baby. Place the second clamp approximately 2 inches (5 cm) above the first clamp, then cut the umbilical cord between the clamps
- 13 Suction baby's nose and mouth again
- 14 Inspect the cord for bleeding
- 15 Dry and wrap baby in warm blanket (cover head)
- 16 Place baby on its side to facilitate drainage
- 17 Inform the mother of the baby's gender
- 18 Note the time of birth
- 19 APGAR assessment @ 1 minute & 5 minutes post delivery

Post Delivery

The mother's vagina will ooze blood. **Do not pull on the umbilical cord.** Eventually, the placenta will deliver. Transport the placenta with the mother and baby to hospital. Massage the uterine fundus. Monitor vital signs, keep the mother and baby warm and transport to the hospital.

